

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



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July 27, 2001



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Air Power

Quote of the Week

"A fighter pilot is a man in love with flying. A fighter pilot sees not a cloud but beauty. He's a man who wants to be second-best to no one."

—Brig. Gen. Robin Olds

Protection of force is necessary

By Airman 1st Class
Brad Pettit

Editor

When a terrorist's bomb ripped through Khobar Towers apartment complex at Dhahran Air Base, Saudi Arabia, June 25, 1996, killing 19 airmen and injuring nearly 500 service members and Saudi civilians, a call for increased force protection was issued throughout the military.

Force protection, simply defined, is how a military installation protects its resources and people.

See 'Force,' page 5



Photo by Airman 1st Class Brad Pettit

911 emergency

Airman 1st Class David Cantu, 47th Civil Engineer Squadron fire alarm communications center operator, mans the Laughlin 911 phone at the base fire department Tuesday. Recently some 911 calls from family housing and the base dormitories have gone to the Del Rio 911 operator instead of the Laughlin Fire Department. If calling from on base and the Laughlin fire department does not answer, tell the operator you're on base and your call will be forwarded to the fire department.

Laughlin weather radar repaired

Compiled from staff reports

Laughlin's Next Generation Radar weather dome, which was damaged May 26 in a severe thunderstorm, was recently replaced.

The radar dome, located outside of Brackettville, provides vital weather data for Laughlin and surrounding communities.

The task of repairing the dome required coordination between the 47th Communications Squadron, National Weather Service, Hill Air Force Base and Electronic Space Systems Corporation.

Following an evaluation of the damage, it became apparent that the

entire dome would need to be replaced and other repairs made as well.

"Since the antenna elements are weather sensitive, the damaged dome and antenna dish had to be removed quickly and the pedestal electronics wrapped," said Tech. Sgt. Matt Haven, 47th CS noncommissioned officer in charge of ground radar maintenance.

Radar Operations Center personnel from the National Weather Service provided technical support. This was the first of more than 150 NEXRAD domes to require full replacement. ESSCO and radar maintenance people completely removed

the damaged dome, and the antenna dish was disassembled and stored by the base radar shop, depot and NWS personnel. This maintenance effort consisted of 16 people, including the entire staff of the 47th CS radar work center, who worked 18-hour days in hot weather.

The only available replacement dome was located in Ireland and had to be released by a second company.

"Getting a replacement dome was no easy task," said Haven. "We had to work closely with the NWS and ESSCO to procure a dome."

See 'Repair,' page 5



Commanders' Corner

By Maj. Cheryl Thompson

47th Flying Training Wing judge advocate general

Drunken driving wrecks lives

My hat is off to you, Team XL. Laughlin has not had a single incident of driving under the influence since February.

Now, you may be asking why I am so enthusiastic about something that should be the status quo. Well, when I moved here last July, I was briefed that Laughlin was a sleepy hollow where not very much trouble happens. However, my first week-end here was the beginning of 13 straight weeks of alcohol-related incidents.

First, someone was caught drunk driving. Soon after, two people

nearly died because of too much drinking. One actually did die and was revived only after security forces members administered CPR. Then, another person went into a coma and did not "wake up" for more than eight hours. In addition, Laughlin people were arrested for drunken driving, public intoxication and thrown in jails all over Texas and Mexico.

The people involved in these incidents cut across all lines – students, officers, enlisted and civilian employees, ranging in age from 18 to 50. My first 13 weeks here definitely

didn't show Laughlin to be the tranquil little base I expected.

After that rash of alcohol-related incidents, the wing leadership took a hard look at what was going on and began a campaign to stop the trend. Many changes have been made in policy, and you have likely been briefed on the dangers of alcohol.

Additionally, there are several things you can do to ensure you or your friends stay safe and do not end up in the security forces blotter report. You can walk to the club; use

See 'Wreck,' page 3

Top Three Talk



By Master Sgt. Benny St. John

47th Civil Engineer Squadron readiness superintendent

Readiness is an 'everyday thing'

I continue to hear the same old stories: "I'm not assigned to a unit training commitment" or "We're a training base."

Face the facts folks, we are in the military, and we signed the dotted line to defend and uphold the Constitution. We are the best Air Force in the world. The implications of being in the military are that we may face hostile fire, at home or abroad.

Because we're at Laughlin, we tend to forget the truth: we are in the business of war. In order to complete our mission and not allow our wartime skills to diminish, we must continually hone our skills. Yes, today we are at Laughlin, but who knows where we'll be tomorrow and under what conditions?

Whether you are new to the Air Force or a seasoned (crusty) master sergeant, we have an inherent respon-

sibility to keep our skills up to par.

The "we're at Laughlin" excuse doesn't cut it. As a new troop to the Air Force, you have a challenging task. You have to adjust to the Air Force way of life. You must learn your primary job. Whether you're a security forces patrolman or working in public affairs, you have to get the job done. Now add the fact that you must learn how to operate in a hostile environment. Are you ready? Do you know how to perform your wartime tasks? Can you do them in a bunker with inbound scuds? Think about it. Then ask yourself, "Am I doing anything right now to prepare to survive and operate in combat conditions?"

To those seasoned Air Force people, your task is a little bit more involved. You've got to keep up with the constant modernization of equip-

ment and procedures. However, your largest (and greatest) responsibility is to develop your troops by giving them your knowledge, skills and experience. Maybe they've learned how to do things here, but have you prepared them for future encounters in the operational world?

We've got some great airmen who will be our future leaders down the road. Your job is to ensure they are well-prepared and to develop them into great leaders. If you've been to Korea, the desert or any other area where there is an increased state of readiness, you know exactly what I mean.

No matter what career field we serve, our professions make us brothers and sisters in arms. So break out Air Force Pamphlet 10-100 and train well. Readiness is not a one-time thing; it's an everyday thing.

Border Eagle



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Submissions can be e-mailed to:
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reginal.woodruff@laughlin.af.mil

"Excellence – not our goal, but our standard."

– 47th FTW motto

Correction

Chaplain (Lt. Col.) Carl Swanson, 47th Flying Training Wing head chaplain, was listed as a major on the Commanders' Corner byline of the July 20 issue of the Border Eagle.

'Wreck,' from page 2

a designated driver when going off base; take a taxi from Mexico (only \$5 each way from the U.S. side of the border); drink responsibly; or simply don't drink at all.

If you drink and drive, there could be tragic consequences. The most obvious is that you could die, or kill or injure someone else. However, there are also criminal and administrative consequences. You may be prosecuted, end up in jail and out of the Air Force with a federal conviction. Your commander could impose UCMJ punishment, or you could receive administrative punishments affecting your freedoms, such as the loss of driving privileges both on and off base. Your career may be jeopardized. Students can and have been taken out of pilot training. It just isn't worth it.

As a young captain, I prosecuted a case where a noncommissioned officer got behind the wheel while drunk and got into an accident that killed the passenger (his best friend) and severely injured a German family. The NCO was found guilty of negligent homicide, reduced in grade to airman basic, and received a bad-conduct discharge and lengthy confinement. He now has a criminal record and will have to live with what he has done.

One sad point about this case is that at three times throughout the evening different people approached this NCO and told him he was too drunk to drive, but no one stopped him when he got behind the wheel. I know the NCO is the one responsible, but how different would it be if someone had gone beyond commenting about his intoxication? We need to take care of ourselves and each other.

So, while my hat is off to Laughlin, I close with a challenge to all of you. Let's continue the trend and make it one full year with no DUIs. So far we have made it five months – we just have seven more to go!

Physical fitness should be priority in Air Education and Training Command

View from the Top



By Gen. Hal M. Hornburg
Air Education and Training Command commander



Gen. Hornburg

RANDOLPH AIR FORCE BASE – Shortly after I took command, I announced a sight picture for Air Education and Training Command. This sight picture ensures we focus on the priorities I call the four U's: United States of America, United States Air Force, unit and "you," the individual.

The United States is first in the equation because – above all else – we swore to defend our great nation when we each took our oath of service. The other U's provide the foundation that forms our national defense – and it all starts with "you," the individual.

In order for our nation to remain free, in order for our Air Force to accomplish its mission, in order for your unit to meet its obligations, you, the individual, need to be up to the task.

In this regard, it is essential that you meet or exceed all the standards the Air Force requires of you. Key among those standards is your physical well-being. We must each take personal responsibility for our fitness to ensure we are capable of meeting our military obligations.

It is no secret that people who follow a regular fitness regimen tend to have more energy, handle

stress better, are less susceptible to illness and disease, feel better psychologically and live longer than those who don't exercise.

To meet the Air Force fitness standards measured by the cycle ergometry, sit-up and push-up tests, I expect the members of the First Command, as a minimum, to participate in vigorous activity for at least 30 minutes three times a week. Mission requirements permitting, I encourage individuals, work sections or even entire units to set aside regular time during the duty day to participate in physical training activities. These events can be a time for office camaraderie and fun.

I do not want people casting an evil eye at co-workers who do PT on a regular basis in conjunction with lunch or at other times during the duty

day. Of course, I don't want people to put their fitness regimen above duty commitment. But that's not typically what happens. We all know the mission comes first.

What I often observe is that some of the most dedicated folks protest that they just don't have time for fitness. It's as if they consider exercise merely a sport, a recreational

diversion or a hobby. In reality, a little PT time is time well spent. In my experience, it makes the rest of the day – at home and on duty – go better.

As the primary "U" among the four priorities that form our sight picture, you, the individual, are the most important resource that ensures we remain the greatest Air Force in the world.

Make time for fitness a regular part of your schedule. You owe yourself, your family, your Air Force and your nation nothing less.

"Make time for fitness a regular part of your schedule. You owe yourself, your family, your Air Force and your nation nothing less."

Actionline

298-5351

timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a



Col. Jack Egginton
47 FTW commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Military Equal Opportunity	298-5400
Equal Employment Opportunity	298-5879
FWA hotline	298-4170

Quarterly award winners recognized at luncheon

Compiled from staff reports

Fourteen base people were recognized at Club XL Wednesday during the quarterly awards luncheon for their "exceptional work" throughout the second quarter of 2001.

Quarterly awards are given to Laughlin people from various units who have performed exceptionally well in their jobs and duties.

"We should all congratulate these fine members of Team XL," said Col. Jack Egginton, 47th Flying Training Wing commander. "They have repeatedly displayed their exemplary work ethic and have done a fine job in contributing to the Laughlin mission."



Pictured are the quarterly award winners for the second quarter. Not pictured is Airman 1st Class Tajma Boykin, winner for best dorm room.



Capt. Susan Black
47th Medical Operations Squadron
Company Grade Officer



Master Sgt. William Arnold
47th Medical Operations Squadron
Senior NCO



Tech. Sgt. Jorge Caro
47th Security Forces Squadron
NCO



Senior Airman Natosha Blevins
47th Security Forces Squadron
Airman



Billy Brown
47th Operations Group
Civilian Category III



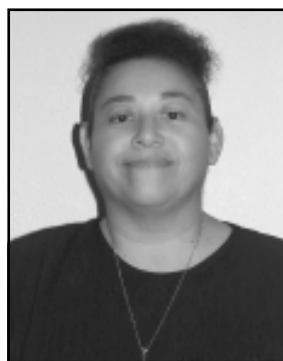
Kevin Mcleod
47th Comptroller Flight
Civilian Category II



Melissa Menchaca
47th Services Division
NAF Category II



Sandra Puente
47th Services Division
NAF Category I



Gloria Monroe
47th Comptroller Flight
Civilian Category I



Capt. Mark Kraby
85th Flying Training Squadron
Instructor pilot



Senior Airman Kenneth Cooper
47th Operations Support Squadron
Honor Guard member



Airman 1st Class Loretta Yabut
86th Flying Training Squadron
Health and Safety Contributor



Terra Wade
47th Flying Training Wing
Volunteer

Newsline

OB services to close

The 47th Medical Group will close the obstetrics department Wednesday. The 47th Medical Group is currently referring all OB patients in the clinic to downtown providers.

For more information, call Capt. Melissa Hackmaster at 298-6362.

Enrichment class offered

The base child development center will offer a part-day enrichment program, from Aug. 20 through the yearly school calendar.

The program is based on each child's needs and takes into consideration a child's developmental needs, the teacher's observations and parents' input to produce a lesson plan filled with activities, which encourage the children to explore their environment. The program is currently taking enrollment for children for the 8:30 to 11:30 a.m. program. A minimum of 10 children are needed to offer this program. An afternoon program will be offered if there is enough interest.

For more information or to enroll your child, call the child development center at 298-5419.

NCOA offers scholarship

The Laughlin Non-Commissioned Officer Association is sponsoring scholarships available to all Laughlin enlisted members. A \$300 and \$500 scholarship will be awarded.

All those interested will be required to write an essay with the subject of "What does higher education mean to me?" All essays must be typed and double-spaced. All essays need to be turned in at the clinic to Staff Sgt. Dennis Bensel or e-mailed to dennis.bensel@laughlin.af.mil. The deadline for submissions is 4 p.m. Aug. 23. No submissions will be accepted after that time.

For more information, call Staff Sgt. Dennis Bensel at 298-6806 or Senior Airman Sandra Williams at 298-6859.

Thrift shop seeks help

The base thrift shop, Building 336, is open throughout the summer. Volunteers are currently needed who can commit four hours or more each month.

Hours of operation are from 9 a.m. to 1 p.m. Wednesdays and Fridays. Consignments are taken from 9 a.m. to noon. Donations are welcome anytime. The thrift shop will be open Aug. 4 from 9 a.m. to noon, for consignments, donations and sales.

For more information or to volunteer, call 298-5592.

'Repair,' from page 1

Once the dome arrived and was properly installed, the work still wasn't done. During equipment checks, several transmitter components failed that required lengthy replacement procedures.

"Equipment doesn't do well if it's turned off for long periods of time," said Haven.

Haven said that hard

work was the main reason the dome was repaired so quickly.

"Through team work, professionalism and dedication, combined with thousands of man hours, Laughlin and surrounding communities can once again rely on their state-of-the-art Doppler weather radar."

Master Sgt. Brad Hopkins, Laughlin weather operations flight superinten-

dent, said having the radar up and running so quickly is a big help for the weather operations flight.

"It (the fixed radar) will allow us to again interrogate entire storms," he said. "[Before] we had to issue warnings by only being able to see the upper half of storms utilizing adjacent radars at San Angelo and New Braunfels."

Maj. Anthony Zarbano,

47th CS commander, praised the professionalism of the 47th CS and other agencies involved in the radar repair.

"Repairing the Bracketville weather radar site within a two-month period was an awesome task and a great 'team' effort," he said. "They left no stone unturned and worked nights and weekends to make it happen. It was a tremendous effort by all involved."



(Courtesy photo)

The weather radar used by Laughlin cost more than \$400,000 to replace.

'Force,' from page 1

Laughlin's primary source of protection is the dedicated airmen of the 47th Security Forces Squadron.

Security forces members patrol Laughlin 24 hours a day, seven days a week, and an armed sentry constantly secures Laughlin's entry gates. Security forces also head a wide range of measures to combat terrorism, including the Air Force-mandated Antiterrorism/Force Program, which deters terrorist acts against the Air Force by giving guidance on collecting and disseminating timely threat information and providing antiterrorism training to all Air Force members.

Though the 47th SFS was named "Best in Air Force 2000," security forces patrolmen cannot be everywhere at once. For this reason, other methods of force protection must be used.

"Force protection is everybody's business," said Maj. Joel Dickinson, 47th SFS commander. "Everybody on base can help maintain Laughlin security by being aware of what goes on around them."

Situational awareness includes looking for anything suspicious or out of the ordinary. And, according to Tech. Sgt. Charles Warren, 47th Flying Training Wing

antiterrorism noncommissioned officer in charge, good crime prevention practices can help ward off possible terrorist attacks.

"Good crime prevention measures are good antiterrorism measures, and vice versa," he said. "Be aware, alert and willing to report any suspicious activity."

Maj. Dickinson stressed that successful force protection falls on the shoulders of every Laughlin person.

We need everyone's help to ensure Laughlin continues to be a safe place to live, he said.

Some force protection measures everyone should practice include:

- Vary your route to and from work, as well as the time you leave and return home. Also vary daily routines, like going to the gym or grocery store.

- Don't give out personal information over the phone.

- Keep a low profile. Make an effort to blend into the local environment and stay away from civil disturbances and demonstrations.

Warren said that the idea behind force protection is to keep a potential terrorist off balance should they choose to target Laughlin.

"Terrorists are usually methodical, well-organized and attack only after proper reconnaissance," he said. "If they see Laughlin alert

and prepared to meet the threat every day, they are likely to abandon their plans. That's force protection at its best."

Though Laughlin is far from the most hostile regions, this does not mean a terrorist act couldn't occur here.

"Too often people worry about force protection after something bad has happened," said Dickinson.

"But, the whole idea behind force protection is to prevent it in the first place."

Warren said that the safety of Laughlin should be everybody's top priority.

"Military, civilian or family member, we all [should] want to do our part to help the Laughlin team excel and return home safely at night," he said. "Like safety programs in the work place, a strong force protection program is one way we ensure that happens."

Base people are encouraged to report anything out of the ordinary by immediately calling security forces at 298-5100.

For more information on wing antiterrorism measures, log on to www.laughlin.af.mil/47ftw/support/sfs/anti-terrorism.htm, or call Warren at 298-5333, or 2nd Lt. Justin Oldt, security forces antiterrorism officer, at 298-4315.

Mission complete – SUPT Class 01-12 graduates today



Capt. Scott Jewell
Class leader
F-16C, Luke AFB, Ariz.



1st Lt. Chad Christensen
Assistant class leader
C-9, Yokota Air Base, Japan



1st Lt. Gabriel Behr
T-1A, Laughlin AFB



1st Lt. John Patrick
E-3, Tinker AFB, Okla.



1st Lt. Jason Allen Smith
C-5, Travis AFB, Calif.



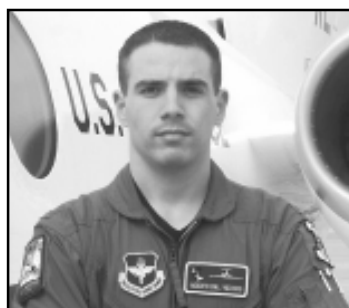
1st Lt. Adam Walsh
C-17, Charleston AFB, S.C.



2nd Lt. Nathan Childers
B-1, Robbins AFB, Ga. (ANG)



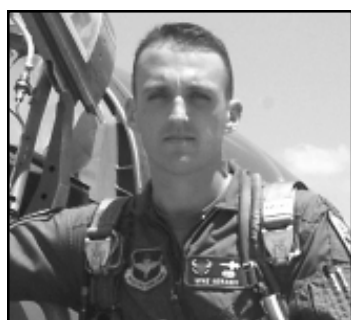
2nd Lt. Kelley Clark
A-10A, Boise, Idaho (ANG)



2nd Lt. Renato Dal Vecchio
C-17, Charleston AFB, S.C.



2nd Lt. Christopher Dickens
C-21, Maxwell AFB, Ala.



2nd Lt. Michael Geranis
B-1, Dyess AFB



2nd Lt. Ronnie Hawkins III
F-16C, Luke AFB, Ariz.



2nd Lt. Michael Holdcroft
C-5, Dover AFB, Del.



2nd Lt. Susan Kirwin
KC-10, Travis AFB, Calif.



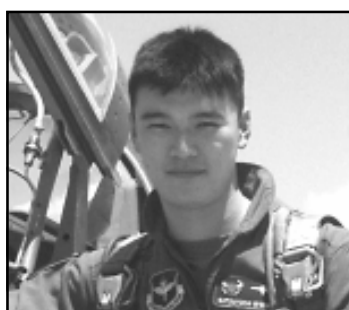
2nd Lt. Cynthia Larsen
C-141, McGuire AFB, N.J. (AFRES)



2nd Lt. Damien Ludwick
T-37, Laughlin AFB



2nd Lt. Timothy Mach
KC-135, Grand Forks AFB, N.D.



2nd Lt. Katsuyoshi Mizuno
T-2, Japan



2nd Lt. Takashi Ochiai
T-2, Japan



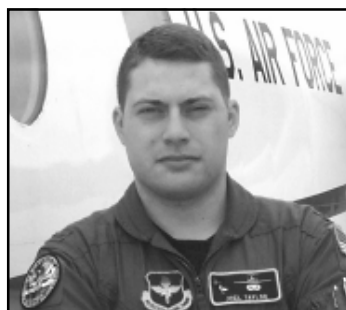
2nd Lt. Julius Romasanta
F-15C, Tyndall AFB, Fla.



2nd Lt. Scott Segal
T-37, Laughlin AFB



2nd Lt. Glenn Stephens
C-141, Mississippi (ANG)



2nd Lt. Joel Taylor
KC-135, Mississippi (ANG)



2nd Lt. Scott Whinnery
KC-135, McConnell AFB, Kan.

Where are they now?

Name: Capt. Chris "Chester" McCarthy

Class/date of graduation from Laughlin: Class 98-03, December 1997

Aircraft you now fly and base you are stationed at:

F-15C, Mountain Home Air Force Base, Idaho

Mission of your current aircraft? Air superiority

What do you like most about your current aircraft? Air-to-air mission

What do you dislike most about your current aircraft?

It is getting old, and there is decreased funding because of the F-22 program.

What was the most important thing you learned at Laughlin besides learning to fly? What a good flight commander should be

What is your most memorable experience from Laughlin? Assignment night

What advice would you give SUPT students at Laughlin? Be the best in whatever plane you're flying.



(Air Force courtesy photo)

The XLER



Photo by Airman 1st Class Brad Pettit

Senior Master Sgt. Rolland Roth
47th Security Forces Squadron manager

Hometown: Phoenix, Ariz.

Family: Wife, Rolanda; daughters, Jessica, 19; Sarah, 11; Rebekah, 8; son, Kyle, 14; granddaughter, Hailee, 1.

Time at Laughlin: One year

Time in service: 19 years

Name one way to improve life at Laughlin:

Smile, and remember it's not where you are, it's how you deal with it.

Greatest accomplishment: Helping my troops succeed and develop professionally

Hobbies: Harley riding, Harley cleaning, Harley wrenching, Harley reading

Bad habit: Harleys

Favorite food: Swordfish

Favorite beverage: Guinness

If you could spend one hour with any person, whom would it be and why? My father's father. I met him briefly as a child and never really got to know him. He had a colorful military history, and I'd like to hear his stories.

Poor health, lost
income, jail,
discharge...

Ecstasy?

Maybe they should
change the name.

Civilian legal representation recommended if needs exceed what's available at legal office

By Senior Airman Tara Cole
47th Flying Training Wing
military justice noncommissioned
officer in charge

Military people and retirees often find themselves requiring legal assistance that exceeds what is available at the base legal office.

When this occurs, they must secure the services of private counsel. Finding the right attorney can be a difficult and time-consuming process; nevertheless, establishing a relationship with an attorney you feel comfortable with can be helpful in potentially trying times.

While a person always has the right to self-representation, it is generally unwise to go this route. You won't need an attorney for small-claims court, but if the amount of money involved is large, getting an attorney is a good idea because the technical procedures of a court can be very confusing. This is especially

true if the other side has an attorney.

Most people need attorneys to get divorced; for estate and tax planning; to buy or sell houses and other real estate; to enter into a business contract; if they are in an accident; if they are the executor of an estate; or if they are charged with a crime.

Attorneys generally specialize in a specific field (such as personal injury or criminal law) or are general practitioners who handle a variety of legal problems. You will likely know what kind of attorney you need; however, if you are unsure, you can come by the legal office and one of our attorneys can assist you.

Because each state has its own licensing and practice requirements, you usually will need to find someone in Texas, if the problem is here, or in your state of legal residence. The best way is to get references from friends and relatives who have hired attorneys in the past. In addition to getting names and phone numbers, you should ask your friends the fol-

lowing questions:

- What type of legal problem was involved?
- Were they satisfied?
- Did the attorney do what was promised?
- Did the attorney return calls?
- Was the fee reasonable?

You can also ask the state bar association for a referral. For attorneys to get on a referral list, they must demonstrate to the bar association that they have adequate experience in the area of practice.

You may also ask about any disciplinary action taken by the bar association against any attorney you are considering by writing to the following address or calling/faxing the numbers listed below.

State Bar of Texas
P.O. Box 12487
Austin, Texas 78711-2487
(800) 204-2222 or (512) 463-1463
Fax (512) 463-1475

This resource may be a good starting point in searching for an at-

torney. Another resource is the Martindale-Hubbel Web site, which gives a listing of attorneys located by region, at www.martindale.com. The base legal office also has an attorney information book, to which some local attorneys have submitted information concerning their services. The legal office can provide a list of all the local attorneys and their phone numbers.

You should judge attorneys in the same way you have learned to judge other people, whether on the job or in your personal life. Trust your instincts. If you don't like someone or don't walk away with a good feeling, keep looking. Interview at least two, preferably three, attorneys before choosing one.

To speak to a base attorney or to get information on local civilian attorneys, come by the legal office in the wing headquarters building. The legal office is available for walk-in legal assistance from 3-4 p.m. Tuesdays and from 8-9 a.m. Thursdays.

Chapel Schedule

Catholic

Sunday

- Mass, 9:30 a.m.
- Confession by appointment
- Little Rock Scripture Study, 11 a.m. in Chapel Fellowship Hall

Thursday

- Choir, 6 p.m.

Muslim

- Dr. Mostafa Salama, call

768-9200

Jewish

- Max Stool, call

775-4519

Protestant

Sunday

- General worship, 11 a.m.

Wednesday

- Women's Bible Study, 12:30-2:15 p.m. at chapel
- Choir, 7 p.m. at chapel

For more information on chapel events and services, call 298-5111.

**Safety belts save lives – so
buckle up!**

Air Force's top firefighter excels in family business

By Senior Airman Jason Lake

18th Wing Public Affairs

KADENA AIR BASE, Japan – While most kids his age were concentrating on being popular or keeping up with the latest trends, Kile Stewart, then 14, was learning to fight fires and saving people's lives in his hometown of Palmyra, Ohio.

Stewart's experiences as a young firefighter in his hometown more than prepared him for a career as an Air Force firefighter. He has taken home three awards this year alone. The most recent award named him the Air Force's Firefighter of the Year.

"I worked my first automobile accident with the 'jaws of life' when I was 14," said Stewart, now a staff sergeant and 18th Civil Engineer Squadron firefighter here. "I was a member of the first orga-

nized firefighter cadet program when I was 12, and I fought my first interior house fire at age 16. I have pulled friends in high school from their vehicles after bad accidents, fought fires in my neighbors' homes, performed cardiopulmonary resuscitation on someone who had a heart attack, and removed burned bodies from vehicle accidents."

The seven-year Air Force veteran explained that firefighters are more than just co-workers.

"The memory that stays with me most over the years is of my grandfather's funeral," he said. "My grandfather built the city's first fire station and was the first fire chief in our hometown. Firefighters from all over the county came to the funeral home and the cemetery with fire trucks in the procession. That was a testament to the brotherhood of all firefighters."

A third-generation firefighter, Stewart is build-

ing on the accomplishments of his family. Besides his grandfather's accomplishments, Stewart's mother was the first female firefighter in town and his brother is a retired fire chief.

"I love my job," Stewart said. "There are many opportunities to get involved with the base and local communities. Seeing children react to fire trucks and firefighters is just great."

During Stewart's previous assignment at Goodfellow Air Force Base a 7-year-old child saved the lives of his family shortly after seeing a Fire Prevention Week demonstration by Stewart and fellow firefighters.

"The house was a total loss," Stewart said. "On the news [that the boy] said that the firemen came to his school and taught him what to do, that was a good feeling."

(Courtesy of Air Force Print News)



Being close to Mexico, how do you protect yourself from becoming a victim of international terrorism?



**Senior Airman
Jeremiah Dowling**
*Laughlin fire department
fire protection specialist*

"Alternate which gates I come through every day and beware of my surroundings."



**Staff Sgt.
Rich Pritchard**
*47th Flying Training
Wing logistics planner*

"Check with the Office of Special Investigations before going to Mexico to see which places are dangerous or off limits."



Mike Eberhardt
*47th Flying Training
Wing support
agreements manager*

"Stay alert and keep my eyes open for anything that is out of the ordinary."



Please recycle this newspaper.



Heat stress can kill

By Capt. Todd Rock and 1st Lt. John Latimer
47th Aerospace Physiology training flight

At times we may feel as if we're just part of the "Air Education and Training Command world tour" – Vance, Altus, Randolph and Sheppard Air Force bases where the training missions at each base are similar. Though the missions of these bases are similar, there is also one constant that must be reckoned with at any AETC base – heat stress.

Training Air Force people about the risks of local threats is very important, but the greatest daily threat is heat stress. Dehydration has an enormous effect on one's performance and can have a catastrophic effect on the mission.

Dehydration adversely affects a person's performance in numerous ways. These effects can snowball if one is not careful. Not taking in enough fluids, feeling weak, slightly nauseous and even apathetic are common symptoms. Simple mistakes start to occur on the ground and in the air. Routine checklist items can be overlooked. G-tolerance will be lessened; the risk of decompression sickness will rise. If fatigue makes cowards of us all, then dehydration will beat us into submission. Approximately 43 percent of all Laughlin pilots who experience G-induced loss of consciousness (GLOC) do so during the months of June, July and August.

The negative effects of dehydration on performance were crystallized while performing an interview on a student pilot who had just suffered a GLOC. Here was a guy with no prior history of problems while under G's. His anti-G straining maneuver is textbook, he maintains his fitness program and he had a full eight hours of sleep the night before. He was not sick and had not self-medicated, so what could have been the causal factor for his GLOC? Could it be that he was flying in the T-37 in 95-100 degree heat when his last drink of water was more than 10 hours before he flew? Yes, reduced G-tolerance due to dehydration was the main causal factor in this student's GLOC.

So what is the fix here? First, realize that H₂O is a requirement for life. Second, limit caffeine use during the summer months. Caffeine inhibits hydration by increasing urine output. The sugar in a soda negatively affects absorption in the digestive tract, which can cause further dehydration. Finally, drinking water gradually throughout the day will help maintain proper hydration more effectively than guzzling a large amount of water once or twice a day.

The gradual intake of water allows for absorption in the body and helps maintain the proper balance needed to counter the effects of dehydration. The human body does an amazing job of adjusting to the environment; however, prevention is the key to working at peak efficiency and being mission-ready at all times.

Preventing fraud, waste and abuse is everyone's job.

If you know or suspect FWA, call the FWA Hotline at 298-4170, or call the inspector general office at 298-5638.

Flossing: Are you doing it correctly?

By Capt. (Dr.) Paul F.T. Ayson

Preventive dentistry element chief

Some people may think flossing is not as important as brushing their teeth. This is not so.

Flossing once a day after regular brushing will prevent cavities between teeth and the development of gum disease and gingivitis. Flossing removes plaque that regular brushing can't, like plaque underneath the contact points of two teeth and plaque that hides below the gum line.

Flossing below the gum line may cause some people's gums to bleed and become sore. This is usually because they have not flossed enough in their lifetimes. The analogy I tell my patients is this: If you have not worked out in your life and then start lifting weights at the gym, the next three or four days you will be sore. It is the same way with gum tissue. Gums need seven to 10 days after a good cleaning to get used to flossing. After this time, there will be a decrease in soreness and bleeding of the gums.

The following guidelines are examples of

proper flossing techniques:

- Break off about 12-18 inches of floss, and wind most of it around one of your middle fingers. Wind the remaining floss around the same finger of the opposite hand. This finger will take up the floss as it becomes dirty. Hold the floss tightly between your thumbs and forefingers.
- Guide the floss between your teeth using a gentle rubbing motion. Never snap the floss into the gums.
- When the floss reaches the gum line, curve it into a C-shape against one tooth. Gently slide it into the space between the gum and the tooth below the gum line.
- Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions (not a sawing, side-to-side motion).
- Repeat this method on the rest of your teeth.
- Do not forget the very backside of your last tooth.

If you have any questions regarding proper flossing techniques or any other dental concerns, call the dental clinic at 298-6331.

Sports Briefs

Tennis tourney set

The XL Fitness Center will host a one-on-one tennis tournament Aug. 6 that will run through the end of August.

For more information, call the fitness center at 298-5251.

Basketball tourney set

The XL Fitness Center will host a two-on-two basketball tournament beginning Aug. 25. Registration will begin at 9:30 a.m., and the competition will begin at 10 a.m.

For more information, call the fitness center at 298-5251.

Letters of intent ready

Flag football letters of intent are now ready to be picked up at the XL Fitness Center.

For more information, call 298-5326.